THE "SHAMROCK" GIRL

With Compliments of

P. BURNS & COMPANY, Limited

Calgary, Alberta

The KEY TO THE Cook Book

The "REAL SHORT" SHORTENING

"Nothing lovelier can be found in woman than to study household good."—Paradise Lost.

Introduction

THIS little booklet is presented to the public in the hope that the recipes it contains may be found useful. It has been compiled with the assistance of a lady holding a First Class Diploma of Cookery (Board of Education, London, England), and the Diploma of the Royal Sanitary Institute (London, England). **Each recipe is a thoroughly tested one, and all will be found economical.** Any enquiries relating to the information in the book, addressed to "Cook," Box No. 1429, Calgary, and accompanied by a stamped addressed envelope, will receive immediate attention.

The chief ingredients of each recipe are one or more of the products of our Calgary, Edmonton and Vancouver Packing Houses. Better are not produced. When our name or brand appears on an article of food we place behind it all the skill and knowledge available and the most scientifically equipped packing houses of Western Canada. You are welcome to visit them any week day by arrangement.

Where "Tisgood" is used in place of Butter or Lard, it has been proven by experienced cooks that better results are obtained by using at least one-quarter less of the amount called for in Lard or Butter.

At our various stores you will receive the best of attention. Let us help you in developing the art of good cooking by furnishing the material worth cooking.

P. BURNS & CO., LTD.,
Calgary, Edmonton and Vancouver

CANADA FOOD BOARD LICENSE NO. 113

Note Specially:

THESE REQUISITES.

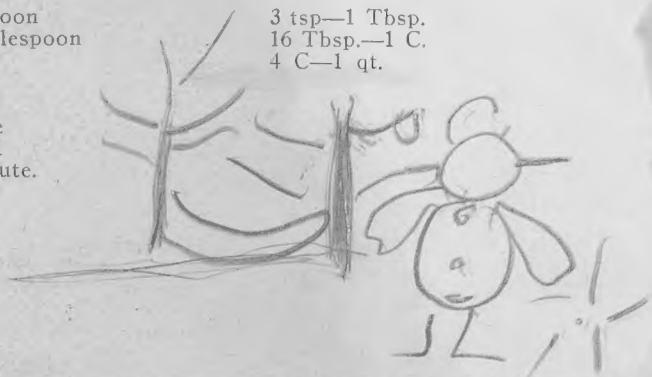
1. Correct measurements are necessary to insure successful results in cooking.

2. Flour, meal, powdered sugar, and soda should be sifted before measuring. Mustard and baking powder often settle in the cans and therefore should be stirred up to lighten. All these should be put into the measure with a scoop or spoon and not packed hard.

3. All materials are to be measured level, the leveling to be done with a case-knife. To measure butter or lard, pack it solidly into the cup or spoon and make level with a knife. To measure a spoonful of any dry substance, dip the spoon into the substance, fill it, lift it, and level it with a knife. For half a spoonful divide the spoon lengthwise.

4. A cupful of a liquid is all the cup can hold. A tea or tablespoonful of a liquid is all the spoon can hold.

Abbreviations	Equivalents
tsp—teaspoon	3 tsp—1 Tbsp.
Tbsp—tablespoon	16 Tbsp.—1 C.
C—cup	4 C—1 qt.
pt.—pint	
qt.—quart	
oz.—ounce	
lb.—pound	
min.—minute.	
hr.—hour	



Soups

ECONOMICAL BROWN STOCK

Bones and Trimmings of meat
½ lb. shin of beef
2 onions
1 carrot
Bouquet of herbs:
1 sprig of parsley
1 bay leaf
1 small turnip
½ teaspoon thyme
Celery (if liked)
Salt
Pepper

Method: Place bones and meat in pan (latter cut up small), with enough water to cover. Bring to boil and skim. Simmer two hours. Slice the onions and fry them in the dripping. Add these, with the vegetables and flavourings to the stock. Simmer three hours longer. Strain. When cold remove fat.

It is a mistake to consider that you can only get good meat by ordering expensive cuts. Try care and cooking on the cheaper grades and save money.

BEAN SOUP

3 pints meat stock
1 pint small white beans (soaked over night)
1 pint chopped raw potatoes
Salt and pepper to taste

Method: Put all ingredients into a pan, boil slowly for five hours. Press through a sieve or collander, and thicken with a little flour or corn flour. Bring to boiling point and boil for five minutes.

We give the small purchaser the same attention as the large buyer.

PEA SOUP

1 quart split peas (soaked over night).

Put over the fire in four quarts cold water; add one finely chopped onion, and one pound salt pork. Boil four hours.

Binding: Ten minutes before serving add 1 tablespoon flour mixed smooth with 1 tablespoon Shamrock butter, or the same quantity of fat from Shamrock bacon. Turn into soup tureen over cubes of hot toast.

Meats

The good red beef of Alberta—first cousin to "the Rare Roast Beef of Old England," is, after all, our great specialty.

MEAT AND POTATO PIE

½ lb. stewing beef
½ lb. parboiled potatoes
1 onion
Short pastry
½ teaspoon salt
¼ teaspoon pepper
Water

Method: Cut the meat in small pieces and half fill a pie dish with it. Add the onion (cut in slices) also a little water and the salt and pepper. Cover and cook in a moderately hot oven for 1½ hours. Then allow to cool. Cut the potatoes in slices and put on the top. Cover with a lid of short pastry and bake in a hot oven for ½ an hour. Serve hot.

SHORT PASTRY

½ lb. flour
1 teaspoon baking powder
Cold water
3 tblsps Shamrock lard or butter
½ teaspoon salt

Method: First cut and then rub the lard or butter evenly into the flour. Add the dry ingredients and mix to a stiff paste with the water. Roll out once only and use at once.

It will surprise you to know how much there is to choose from in one of our markets. Ask the manager for his suggestions.

STEAK AND KIDNEY PUDDING

1 lb. stewing steak
¼ lb. ox kidney or 2 sheep's kidneys
½ teaspoon salt
¼ teaspoon pepper
Water or stock
Suet pastry

Method: Line a pint basin with suet pastry. Cut the meat into small pieces, and arrange in the basin in layers, sprinkling salt and pepper between each layer. Add a little stock or water. Wet the edges of the pastry and cover with a lid of the latter. Trim edges neatly. Cover with a greased paper and steam for three or four hours. Turn out on a hot dish, make a small hole at the top, and pour in hot seasoned stock.

FAITH WEANEY WER'E CHOSEN BY THE PEOPLE TO INSPICT THE FAMOUS SHAMROCK BRAND HAMS BACON, LARD ETC, MADE BY OUR OLD FRIND P. BURNS AND HIS COMPANY.
HOOT! MON! WHATEVER BURNS MAKES NEEDS NO INSPICTIN.
SHAMROCK
WEANEY

SUET PASTRY

½ lb. flour
¼ teaspoon salt
Cold water
3 tbsp. finely chopped suet
1 teaspoon Baking Powder

Method: Mix all dry ingredients together, then add sufficient water to make an elastic paste. Use as required.

We can furnish you with meats all ready to use—Roast Beef among others—when time presses.

MEAT PUFFS

1 lb. meat, which has been previously cooked, chopped fine, pepper, salt and butter to season well. Moisten slightly with a little stock or water. Make a nice biscuit pastry (same as No. 1), roll thin and cut into round cakes, or line patty pans with the pastry. Fill with the meat mixture, cover and bake a golden brown. Serve hot.

BEEF LOAF

3½ lbs. of brisket or stewing beef
4 crackers or a few bread crumbs
1 egg
1 cup milk
Shamrock butter the size of an egg
1 large teaspoon salt
½ teaspoon pepper
A little sage (if liked)

Method: Put the meat and crackers through the mincing machine, add seasoning and mix well. Add the beaten egg and milk. Press the mixture into a bread tin, dust with cracker crumbs and place small pieces of butter on the top. Bake in a moderate oven for about two hours, basting often. Serve hot or cold.

VEAL LOAF

Chop 3½ lbs. of veal (raw)
½ lb. salt pork
1 cup dry fine breadcrumbs
1 tablespoon of grated onion
1 teaspoon of salt
½ teaspoon pepper
½ teaspoon of sage
½ teaspoon of Allspice and a little nutmeg
2 Shamrock eggs raw

Method: Mix well, press in a bread tin, turn out on buttered paper. Brush with egg, roll in crumbs. Bake very slowly about 2 hours, basting often with water and butter, have water in pan for first hour. Make gravy from drippings and serve.

ROAST BEEF

6 lbs. sirloin beef Salt, pepper and flour

Method: Wipe meat, rub with flour and sprinkle with pepper. Put salt in edge of pan. Bake in self-basting pan and hot oven for the first 15 minutes, then a slower fire for 1¾ hours. Turn over once. If the beef is bought from the stores of P. Burns', this roast will be most delicious.

Don't forget the Government Inspection on all our meats. It insures your family health.

POT ROAST

Take 5 or 6 pounds (not too fat) of prime beef. Wash and put in a pot with a small quantity of water. Set over a slow fire. After it has boiled an hour salt and pepper it. Then stew slowly till tender. When tender take the meat out and pour the gravy in a bowl. Put a lump of butter in the pot, dredge the meat with flour, return to the pot to brown turning often to prevent burning. Pour the gravy back, wet a spoonful of flour in cold water and stir into the gravy, let it boil a few minutes and serve.

LIVER AND BACON

Slice 1 lb. of liver and let it remain in cold salt and water one hour, take out, dry, and roll in flour. Fry four thin slices of Shamrock breakfast bacon crisp. Remove bacon to hot dish, place liver in pan. Fry carefully about 10 minutes. Place on dish with bacon. Add 1 tablesoon flour to fat in pan, and mix smooth with a very little water or milk. Add salt and pepper and cook till smooth. Pour over the meat.

Calves Liver makes an appetizing dish. We are specially situated for furnishing this—also Beef Livers and Tongues.

STEWED LAMB CHOPS

Cut 3 pounds of chops from a loin of lamb, trim and put on to stew in just enough water to come around, but not over them. Remove the scum as it rises and keep well covered. When very tender, season with salt and pepper and thicken with a tablespoonful each of flour and butter rubbed together. Have ready on a platter a few slices of buttered evenly browned toast, lay the pieces of meat on the toast and pour the gravy over all.

BREADED LAMB CHOPS

Have the chops nicely trimmed, leaving a bit of bone bare at the ends; season nicely with salt and pepper; dip each one first in beaten egg, then in brown or cracker crumbs, and fry to a delicate brown in hot lard. These make a very pretty lunch dish if laid around a little mould of mashed and browned potatoes. A garnish of curled parsley adds to the effect.

The lighter meats can be obtained from us better than from any others. We have our own herds and flocks.

IRISH STEW

1 lb. neck mutton
2 large onions
2 lbs. potatoes
1 tablespoon flour
1 teaspoon salt
½ teaspoon pepper
½ pint water, or stock
1 tablespoon dripping

Method: Melt the dripping in a stew pan. Cut the onion in slices and fry to a light brown. Remove from the pan. Cut the meat into chops and fry on each side. Put aside with the onions. Add the flour and water and mix smoothly. Stir until it boils. Then put back the meat and onions into the pan and cook gently for one hour. Peel the potatoes and cut in thick slices. Add to the stew and cook all for one hour longer. Season with salt and pepper and serve hot.

The larger hams are more suitable for boiling. But you may save trouble by buying boiled and sliced ham at any of our stores.

HAM CROQUETTES

Chop one pound cooked ham very fine, season with pepper and mustard; flour the hands and make the meat into small balls, dip in beaten egg, roll in cracker crumbs and fry brown in hot Shamrock Lard.

MEAT CROQUETTES

Take any kind of cold meat; chop fine, have one-third meat and two-thirds boiled rice; a little onion to flavor; moisten with stock, season with Bonniebrook butter, pepper and salt; roll in small oblong rolls; dip in beaten egg; roll in cracker crumbs; fry in hot lard till brown.

TOAD IN THE HOLE

Place 6 cooked Shamrock Brand sausages in a pie dish, over which pour the following batter:

1 teacup flour — 1 teaspoon baking powder
1 egg—pepper and salt

Method: Mix all together with milk to the consistency of thick cream. Pour over sausages and bake in a quick oven for twenty minutes.

The utmost care is taken in making our sausage—the kitchen is a model of cleanliness—all meat is Government Inspected meat.

DELICIOUS BACON

Thin slices of Shamrock Brand Bacon (from which the rind has been removed) place closely together in a fine wire broiler. Place broiler over dripping pan and bake in hot oven (turning once) until crisp and brown. Drain on brown paper.

While we always recommend Shamrock Bacon to the purchaser—nothing finer is attainable—you will be well served also when you get Dominion Brand.

RAISED PORK PIES

2½ lbs. pie meat (1-3 fat)	Crust:
¾ oz. salt	1½ lbs. flour
¼ oz. pepper	½lb. lard and butter mixed
1 teaspoon mixed herbs	(Nearly ½ pint milk and water)

Method: Boil the lard, butter, milk and water together. Stir into the flour, adding a little salt. Knead until smooth and then allow to cool, and begin to rise. Fill with the meat mixture and cover with the crust. When finished, glaze over with beaten egg. Allow to stand until quite firm. Bake in a fairly quick oven until set, and more slowly afterwards, for 2 hours. When cool, fill with stock to which a little gelatine has been added.

SAUSAGE ROLLS

1 lb. Sausage meat — 1 lb. flaky pastry

Method: Roll flaky pastry into a square shape. Cut into pieces four inches square. Place a portion of the meat on half of each, wet edges, and fold over. Brush with beaten egg, and bake in a quick oven for about half an hour. Serve cold.

ME FRIND, WE WANT TO DO SOME INSPICTIN OF YER PACKIN PLINT, AN YER LINE O' MATES
M'GRS OFFICE
WHO IS WE ?
TILL IM OIM THE WE IN WEANY

FLAKY PASTRY

1 lb. flour
10 oz. lard and butter mixed
A little lemon juice
½ teaspoon salt
Cold water

Method: Squeeze a little lemon juice into the water. Divide the shortening into four equal parts. Rub one into the flour and mix to an elastic paste with the water. Roll out in a long strip. Take another portion of shortening, cut in small pieces, place over 2-3 of the pastry. Flour well, fold in three (parcel shape) and roll up. Repeat this twice more. Then put away in a cool place for at least ½ hour. Roll out again and use as required.

Our chickens and fowl are all Alberta fed, and are specially fattened by us. Their quality is excellent.

PRESSED CHICKEN

Boil 1 of the plump Shamrock Brand chickens till tender; bone and pull to pieces in flakes, season with butter, pepper and salt, then pour into it the broth in which it was boiled and mix well together. Put it into a pan and press. A fancy shaped mold improves the shape when turned out.

Careful grading is the special feature of our Poultry Department. You can depend on getting what you order.

CHICKEN PIE

Boil a Shamrock Brand chicken till tender, season with salt and pepper. Make a good biscuit crust. Take a quart basin, put in the chicken free from bones, also the broth of the chicken and a piece of butter; cover with the pastry, making a cut in the centre. The back bone in the centre will keep up the crust.

FRIED CHICKEN

Wash and cut up one of Shamrock Brand milk fed broilers, wipe it dry; season with salt and pepper, dredge it with flour and dip each piece in beaten egg and then in cracker crumbs. Have in a frying pan one ounce of Bonniebrook butter and Shamrock lard, made boiling hot. Lay in the chicken and fry brown on both sides. Take up, drain and set aside in a covered dish. Stir into the gravy left a large tablespoonful of flour, make it smooth, add a cup of cream or milk, season with salt and pepper. Boil up, pour over the chicken. Serve hot.

Take our Store Managers into your confidence. When you wish some ingredients not on the counter ask their co-operation in getting them.

BISCUIT CRUST

1 cup flour
1 teaspoon baking powder
½ teaspoon salt
½ tablespoon lard
½ tablespoon butter
½ cup milk with water

Method: Mix dry ingredients and sift twice. Rub in butter and lard with finger tips. Add liquid gradually, mixing with a knife to a soft dough. Roll out to fit the top of pan and press neatly at edges. Bake 20 minutes in hot oven.

Our policy of fattening on milk and grain produces specially fine broilers. Nothing better than the Shamrock Brand is obtainable.

The Burns' way is proverbial—it is the right way.

Time was when nearly all Alberta consumed turkeys were imported. All that is changed. The Alberta turkey makes a regal dish—particularly when it has come through our fattening stations.

CHEESE PUDDING

3 oz. grated cheese
1 oz. flour
1 oz. butter, Shamrock brand
2 eggs, Shamrock Brand
½ pint milk
Seasoning

Method: Mix the flour smoothly with the milk. Add cheese, beaten eggs, seasoning, and the butter in small pieces. Turn into a greased pie dish and bake about half an hour in a moderate oven. Serve immediately.

Cheese is one of our special importations—the toothsome and substantial Ontario—as well as those of the fancy names.

When it comes to Shamrock Eggs you obtain the choicest of Alberta selections, graded with the utmost care.

Fish, from either Ocean, is one of our great specialties.

"The dish is too good for any but anglers or very honest men."
—Isaac Walton.

Fish

BAKED, STUFFED WHITEFISH

2 lbs. whitefish from the Burns' Markets
¼ lb. bread crumbs
2 ozs. chopped suet
½ teaspoon salt
¼ teaspoon pepper
1 teaspoon mixed herbs
A little grated lemon rind
1 egg, Shamrock Brand

Method: Clean, wash and dry the fish, and remove the scales and fins. Make a force meat of all the other ingredients, and mix together with the egg. Place this inside the fish and press the edges well together. Put in a greased baking tin, cover with a greased paper, and bake in a moderately hot oven for ¾ of an hour. Serve with parsley sauce.

Nothing more delicious than our native Whitefish, but we have everything in season.

FISH BALLS

1 cup salt cod fish
2 cups potatoes, heaping
½ tablespoon butter
⅛ teaspoon pepper
1 egg, Shamrock Brand

Method: Wash cod fish in cold water and cut in small pieces. Cut and pare the potatoes and cut in pieces before measuring. Boil fish and potatoes together in boiling water (enough to cover) till thoroughly soft. Drain and mash well. Add butter, pepper and well beaten egg. Beat well together, form into balls and fry in deep Shamrock lard.

ESCALLOPED SALMON

1 lb. cold boiled salmon
1 tsp salt
½ tsp cayenne pepper
2 tbsp Shamrock Butter
4 rolled soda biscuits

Method: Remove skin and bones from salmon and shred. Place layer of fish in pudding dish and sprinkle with salt and pepper, little lumps of butter and biscuit crumbs. Repeat and have the crumbs on top. Add just enough milk to cover and bake 20 minutes.

There are more varieties of fish available than Salmon and Halibut. Ask for prices on the many delicious varieties—cured and pickled.

GO DOWN UND LOOK IM OVER SAUSAGE!
DIVIL A LOOK YE YILLOW STRAKE!- IT'S THE RALE INSPECTOR YE ARE YOURSILF. SURE UND HE LOOKS HILTHY FROM HARE
BOO!!

Cakes

LIGHT CAKES

1 cup sugar
1 tbsp Shamrock butter
2 eggs, (beaten light)
1 cup milk
1¾ cups flour
2 tsps baking powder
1 tsp vanilla

Method: Cream butter and sugar together. Add the eggs and milk, then all the dry ingredients, beating well all the time. Bake in a moderately hot oven.

Possibly nothing depends more on the purity of ingredients than cake. Select our brands for certainty.

GINGER CAKE

½ cup Shamrock lard
1 cup of sugar
2 Shamrock eggs
½ cup syrup
1 tablespoon of ginger
1 cup of buttermilk or sour milk
1 teaspoon of soda
½ teaspoon of salt
½ cup raisins
2½ cups of flour

Method: Cream lard and sugar, add eggs and beat well. Dissolve soda in buttermilk and add to the mixture. Then add syrup, flour and ginger. Put in a greased tin and bake in a moderate oven.

No better Lard is on the market than Shamrock Brand—cooked in steam-heated kettles; carefully filtered and cooled by refrigeration. Always the standard of the kitchen.

ORANGE CAKE

4 Shamrock eggs
1 cup sugar
½ cup milk
2 teaspoons baking powder
Grated orange peel, and vanilla essence
Sufficient flour to thicken

Method: Beat eggs and sugar together until the mixture thickens. Add the milk and sufficient flour to make a stiff batter. Add baking powder, orange rind, and essence. Bake in a greased tin, in a moderate oven.

Shamrock Brand Butter is the extra select stock of Alberta. Graded by experts, its standard is above criticism.

"If you would make good cake
Let patience fill a measure full;
Deal muscle with unsparing hand,
And strew thro' all, full
Many a grain of common sense."

QUEEN CAKES

6 tablespoons flour
4 tablespoons Shamrock Brand butter
4 tablespoons Castor sugar
2 tablespoons sultanas
1 tablespoon candied peel
2 eggs, Shamrock Brand
1 teaspoon baking powder
Few drops flavoring

Method: Cream butter and sugar together, beat yolks and whites of eggs separately. Sift flour and baking powder and add to creamed butter and sugar. Add yolks mixed with a little milk. Then add fruit and fold in the well beaten whites of egg lastly. Grease patty tins well with Shamrock Brand lard, and half fill with mixture. Bake in a hot oven 10 or 15 minutes.

In ordinary baking, White Carnation Lard Compound is an excellent substitute for the pure article.

APPLE SAUCE CAKE

1 cup of hot apple sauce
½ cup of Shamrock lard
1 teaspoon of soda
1 cup of currants
1 cup of raisins
1 cup of brown sugar
1 teaspoon of mixed spice
Flour to thicken

Method: Beat the apple sauce, lard and soda together until light. Then add flour, fruit, etc. Put in a greased tin and bake in a moderate oven.

Cooking Butter receives the same careful attention as Shamrock Brand in its grading. "Alberta" and "Bonniebrook" are their own recommendations.

EVA'S GOLDEN CAKE

2 eggs, yolks only (Shamrock Brand)
1 cup Bonniebrook butter
½ cup sweet milk
1 cup white sugar
2 cups flour and 1 teaspoon baking powder
1 cup currants and spice to taste
Bake in patty pans

Before reaching the dainties try a dish of Pickled Pigs' Feet occasionally.

"There are more things in heaven and earth, Horatio,
Than are dreamt of in your philosophy."—Shakespeare.

CUP CAKE

1 cup butter
2 cups sugar
3 cups flour
4 Shamrock Brand selected eggs
1 cup milk
1½ teaspoons baking powder

Method: Cream the butter and sugar together. Separate the yolks and whites of eggs. Beat the yolks well, and add portions of these alternately with the flour. Add baking powder and milk. Then whip whites of eggs to a stiff froth, and fold lightly into the mixture. Put into a well greased cake tin and bake in a moderately hot oven.

Eggs should be as carefully treated as butter—keep always in a cool place. With us they are always so kept.

FRENCH CAKE

1 cup sugar
¼ cup Shamrock butter
½ cup milk
1½ cups flour
2 eggs, Shamrock Brand
1 cup currants
1 teaspoon cream of tartar
½ even teaspoon of soda

Method: Cream butter and sugar. Add well beaten yolks. Sift cream of tartar and soda twice with the flour. Add alternately with the milk and beat well. Add whites of eggs well beaten. Bake in a thin sheet and cut into squares.

For summer time order Burns' Luncheon Meat or Jellied Brawn. They leave you more time to bake the cake.

DREAM SPONGE CAKE

3 eggs (Shamrock Brand)
1 cup sugar
1 cup flour (no more)
1 teaspoon baking powder
4 tablespoons cold water
½ teaspoon salt

Method: Beat whites and yolks separately. Add to beaten yolks the sugar, salt, flour and baking powder well sifted together. Beat well and add the well beaten whites. Last of all add the 4 tablespoons cold water. Cook in a slow oven.

A Shamrock Egg is "The Perfect Egg," but our "Breakfast Eggs" in cartons are good value.

SPICE CAKE

1 cup brown sugar
½ cup Shamrock butter
½ cup sour milk
1½ cups flour
1 cup seedless raisins or dates cut fine
½ cup chopped walnuts
½ teaspoon each of nutmeg, cinnamon, cloves and ginger

Method: Rub the butter into the flour. Add the remainder of the dry ingredients and mix rather stiffly with the milk. Bake in a moderate oven.

Pickled Tripe, Pickled Pork and Lamb Tongues are seasonable varieties, and lighten the housewife's task at luncheon time.

CHOCOLATE CAKE

½ sup sugar
½ cup milk
2 tablespoons cocoa
Boil and let cool
1 cup sugar
1 tablespoon butter, heaping
½ cup milk
2 eggs (Shamrock Brand)
2 cups flour
3 teaspoons baking powder

Method: Cream butter and sugar well, add eggs well beaten. Be sure to use Shamrock Brand butter and eggs. Sift the flour and baking powder together twice and add milk and flour alternately. Add the cocoa mixture last and beat in well.

You can take no chances in such delicacies as these—buy the best ingredients—under Shamrock Brand.

LEMON JUMBLES

4 oz. sugar
4 oz. Shamrock butter
8 oz. flour
1 egg
1 lemon—juice and rind
⅛ teaspoon salt

Method: Mix as for cookies, roll very thin and put on pie plate or patty pans. Fill with lemon cheese.

LEMON CHEESE

1 cup sugar
2 teaspoons Shamrock butter
1 egg—yolk only
1 lemon—juice and rind

Method: Cream sugar and butter, add well beaten egg yolk, and lemon. Cook till thick in double boiler.

FRUIT CAKE

½ cup Shamrock butter
1½ cups white sugar
3 teaspoons cocoa
3 eggs (yolks and whites beaten separately)
3 cups flour, sifted with 3 small teaspoons baking powder and ½ teaspoon salt
1 lb. raisins
1 lb. dates (chopped)
1 cup milk
½ cup shredded cocoanut

Method: Beat the butter and sugar to a cream, add yolks of eggs and milk, and again beat well. Then add flour, fruit, cocoa and cocoanut. Lastly fold in the whites of eggs, being careful not to beat mixture after these are added. Place in a flat baking tin and bake in a moderate oven for about three-quarters of an hour.

Shamrock Butter stands pre-eminent as a table butter—Alberta Brand always reliable and Bonniebrook the peer of the cooking butters.

QUICK METHOD CAKE

Tisgood shortening
¼ cup Shamrock butter, melted
2 unbeaten eggs, in same cup
Milk to fill cup
½ teaspoon vanilla. Beat well
1½ cups pastry flour
¾ cup castor sugar
2 teaspoons baking powder
½ teaspoon salt

Method: Put dry ingredients through sifter twice and add to first mixture. Bake in moderate oven.

With Shamrock Eggs, Shamrock Butter and your skill, the cake is a sure success!

DROP CAKES

1 tablespoon Shamrock Brand butter
½ cup sugar
1 Shamrock Brand egg
½ teaspoon salt
¼ teaspoon vanilla
¾ cup rolled oats
1-3 cup shredded cocoanut, or chopped walnut meats

Method: Cream butter and sugar, add egg and all dry ingredients. Drop mixture by teaspoonfuls on inverted, well greased dripping pan, one inch apart, spread into circular shape and bake in moderate oven.

Shamrock Brand Lard—Carnation Brand Lard Compound—are the prime necessities for all substantial cooking.

Oi SAY,- WAS THER IVER ONY CONSUMSHUN IN YER ANSISTERS FAMILY, OR-
SHUT UP! MATE YE'L INSULT THE LADY!

Try varying the breakfast menu with Dominion Brand Back Bacon—delicious!

DATE COOKIES

2 cups of rolled oats, put through chopper
2 cups of flour
3 tablespoons of Shamrock lard
½ cup brown sugar
½ teaspoon of salt
4 tablespoons of milk

Method: Mix as for cookies, roll thin and cut, put together with filling.

FILLING

1 cup raisins, or dates cut fine
½ cup of water
¼ cup of sugar

Method: Boil well, when thick put between cookies.

Dominion Brand Smoked Shoulders provide all the flavor of the Smoked Hams. Try them as an economical substitute.

SAND COOKIES

1 cupful sugar
1 cupful Shamrock butter
2 eggs (yolks and whites separated), Shamrock Brand
½ teaspoon nutmeg
2 cupfuls flour
1 teaspoon baking powder

Method: Cream butter and sugar together. Add beaten yolks of eggs, the nutmeg and baking powder. Beat eggs and add alternately with flour. If not stiff enough to roll, add more flour. Roll into sheets ½ an inch thick, cut and sprinkle with sugar. Bake in a quick oven eight to ten minutes.

Mince Meat is always on sale at our stores. Fruit at some and fresh vegetables at most.

SHORTBREAD

½ lb. Shamrock butter 1 lb. flour ¼ lb. sugar

Method: Beat butter and sugar to a cream; gradually work in the flour. Roll out on a floured board, to the thickness of a quarter of an inch. Cut in fancy shapes. Bake in shallow tins, in a moderately hot oven.

Where our recipes quote Shamrock Brand do not vary them. They are tested and sure.

This is what the legend "Government Inspeeted" means—"Eat in safety."

SCONES

1 cup flour
1 tablespoon of sugar
¼ teaspoon of salt
1 tablespoon of Shamrock lard
1 teaspoon of baking powder
3 tablespoons milk
1 Shamrock egg

Method: Rub the lard into the flour, add all dry ingredients and mix rather stiffly with the egg and milk. Roll out to the thickness of half an inch, and cut into any shape desired. Bake on a greased tin in a quick oven.

You are invited to inspect, criticize and suggest. Our best friends are our honest critics.

ROMAN MEAL GEMS

2 good tablespoons of Shamrock lard
2 Shamrock eggs
½ cup of sugar
2 cups of buttermilk or sour milk
1 good teaspoon of salt
1 teaspoon of soda
3 cups of Roman meal
1 cup of flour
This will make two dozen

Method: Cream lard and sugar together, add eggs and beat well. Dissolve soda in the milk and add this. Then mix in the meal and flour. Bake in gem pans, in a quick oven.

A visit to our mammoth Calgary Packing-house will interest and astonish you.

Puddings

CASTLE PUDDINGS

2 eggs, Shamrock Brand
Their weight in butter
Sugar and flour
1 teaspoon baking powder
A little milk
Flavouring

Method: Beat butter and sugar to a cream. Add eggs and again beat well; lastly flour and flavouring. Place in small greased cups or moulds and bake in a fairly quick oven (or they may be steamed). Serve hot or cold, with lemon sauce.

One of the best features of dealing at a well-appointed market is the ease with which your needs are supplied—with the best.

LEMON SAUCE

6 ozs. loaf sugar 1 lemon ½ pint water

Method: Place sugar and water in pan, and simmer until reduced to about half. Peel part of the lemon very thinly and cut into strips, strain the juice, and add it with the strips of peel to the sauce.

You can buy the prepared mince meat from us in any quantity, if you wish to save yourself trouble in preparation.

MANCHESTER PUDDING

½ pint milk
½ oz. butter, Shamrock Brand
2 ozs. bread crumbs
2 eggs, grated lemon rind
1½ ozs. castor sugar
Raspberry jam
Short pastry

Method: Beat the milk and pour over the crumbs. Add butter and sugar. When cool, add one whole egg, and the yoke of another. Line a shallow pie dish with pastry, and prick the latter with a fork. Spread jam over it, and then pour in the mixture. Bake until the pudding is set (about ½ hour). Then whisk the white of an egg stiffly, place roughly over the pudding, and sift fine sugar over. Place in a cool oven, for a minute or two, to set.

You may order most of our specialties through your own grocer. He either keeps them or can easily obtain them.

FIG PUDDING

½ lb. figs
¼ lb. flour
¼ lb. suet, from the Burns' Markets
¼ lb. bread crumbs.
1 teaspoon baking powder
1 tablespoon sugar
2 tablespoons chopped apples
¼ nutmeg (grated)
Milk

Method: Chop suet and apples, add all dry ingredients. Mix stiffly with the milk, turn into a greased basin, cover with greased paper and steam for two hours.

YE LITTLE OVER-STUFFED SAUSAGE OIM THE RALE INSPICTOR, VER ONLY ME HILPER, SO WHIN OIM INSPICTIN AGIN DON'T BUT IN
SO IT'S MAD YE AIR IS IT! YE LONG SICKLY STEM O' MACARROONEY

Shamrock Lard, White Carnation Compound, Tisgood shortening and Suet all receive most careful attention in preparation.

OATMEAL COOKIES

1 cup dripping or Bonnie-brook butter
¾ cup milk or water
1 cup sugar, heaping
4 cups oatmeal
1 teaspoon soda, scant
1 teaspoon salt

Method: Mix oatmeal and salt thoroughly. Rub in the butter or dripping. Dissolve soda in a little hot water, put in milk and add gradually to dry ingredients. Use enough flour to roll out. Cut in small cakes and bake in rather hot oven, until dark brown.

The busy housekeepers will find our own veal loaf excellent. Ask our Delicatessen Departments.

VEGETABLE PUDDING

2 cups grated raw potato
½ cup Shamrock butter
1 cup flour
2 cups raisins
1 teaspoon each of cinnamon, cloves and nutmeg
1 cup sugar
1 teaspoon soda dissolved in potato

Put in greased pan and steam 3½ hours.

MOCK INDIAN PUDDING

Butter 2 slices of bread, add 1 qt. milk and 2-3 cup molasses, ⅛ teaspoon salt. Bake 2 hours in a moderate oven.

The last word in curing has been said in the production of Shamrock Hams. Ask your own grocer for them.

DATE PUDDING

1 cup dates cut in pieces
1 cup chopped nuts
2 cups bread crumbs
1 cup sugar
3 eggs

Method: Wet mixture into ¼ cup milk and bake 45 minutes in a greased pan. Serve with cream.

In some puddings you can use suet to good advantage. We sell it chopped if so desired.

"True economy does not consist in going without, but in using what one has in such a manner as to secure the most from it."

SPECIAL WAR TIME RECIPES

GRAHAM GEMS

1 cup milk
1 cup sour cream or milk
1 egg, Shamrock brand
1 teaspoon soda
1 teaspoon salt
1-3 cup sugar
Graham flour to thicken
If milk is used instead of cream, add 3 tablespoons of melted Shamrock lard.

Bake in gem pans.

Think of having the Dominion Government stand behind the foodstuffs sold by P. Burns & Co., Ltd.

CORN BREAD

1¾ cups corn meal
¼ cup flour
4 teaspoons Baking Powder
1 tablespoon sugar
1 teaspoon salt
1½ cups milk
2 tablespoons Tisgood shortening

Method: Mix thoroughly dry ingredients, add milk and melted shortening; beat well and pour into well greased pan or muffin tins and bake in hot oven about 25 minutes.

PEANUT BISCUITS

2 cups flour
4 teaspoons Baking Powder
2 teaspoons salt
2 cups peanuts (finely ground or crushed)
1 tablespoon Tisgood shortening
¾ cup liquid (milk and water)

Method: Sift flour, baking powder and salt together; add peanuts. Cut in shortening; add liquid slowly to make a soft dough. Roll out lightly on floured board; cut with biscuit cutter and put into greased pan. Bake in hot oven 10 to 12 minutes.

Our own Pork Pies are very delicious and you can now buy Roast Pork Shoulders, Loins and Legs also. No longer is cooking confined entirely to the household.

P. BURNS & CO., LIMITED - Calgary and Edmonton

"I'm quite ashamed—'tis mighty rude
To eat so much—but all's so good."

RYE MUFFINS

1 cup flour
1 cup rye flour
4 teaspoons Baking Powder
1 tablespoon sugar
1 teaspoon salt
1 cup milk and water
2 tablespoons Tisgood shortening

Method: Mix and sift dry ingredients; add milk and melted shortening and beat until smooth. Bake in greased muffin tins in hot oven 25 to 30 minutes.

HOMINY MUFFINS

1 cup soft boiled or left over hominy
1 teaspoon salt
1½ tablespoons shortening
1 egg
¾ cup milk
2 cups corn flour
4 teaspoons Baking Powder

Method: Mix together hominy, salt, melted shortening, beaten egg and milk. Add flour which has been sifted with baking powder. Beat well and bake in greased muffin tins or shallow pan in hot oven 25 to 30 minutes.

No more modern meat market is operated on the American Continent than ours at the corner of Eighth Avenue and Second Street East, Calgary.

EGGLESS, MILKLESS, BUTTERLESS CAKE
(Fruit Cake)

1 cup brown sugar
1¼ cups water
1 cup seeded raisins
2 ounces citron, cut fine
1 3 cup Tisgood shortening
½ teaspoon salt
1 teaspoon nutmeg
1 teaspoon cinnamon
1 cup corn flour
1 cup rye flour
5 teaspoons Baking Powder

Method: Boil sugar, water, fruit, shortening, salt and spices together in saucepan 3 minutes. When cool, add flour and baking powder which have been sifted together. Mix well; bake in loaf pan in moderate oven about 45 minutes.

PIE CRUST

2 cups flour
1½ teaspoons salt
¾ cup Tisgood or 1 cup butter

Method: Enough water to hold dough together. Cut shortening through flour with knife, then add water sparingly.

MAPLE LAYER CAKE

2½ tablespoons shortening
¾ cup sugar
1 egg
1 egg yolk
½ cup milk
1½ cups corn flour
¾ cups flour
3 teaspoons Baking Powder
¼ teaspoon salt
1 teaspoon vanilla

Method: Cream shortening, add sugar; add beaten eggs and one-half the corn flour and flour which have been sifted with the baking powder and salt; mix well. Add milk and the remainder of flour; add flavoring. Beat well and bake in greased layer tins in hot oven 10 to 12 minutes. Cover layers and top with the following:

MAPLE ICING

2 cups maple or corn syrup
2 teaspoons shortening
1 egg white

Method: Boil syrup until it spins a thread; add shortening. Pour slowly over beaten white of egg. Beat until stiff enough to spread on cake.

OATMEAL COOKIES

½ cup Tisgood shortening
¼ cup brown sugar
½ cup corn syrup
1 egg
3 tablespoons water
1 cup rye flour
2 teaspoons Baking Powder
½ teaspoon salt
½ teaspoon cinnamon
1¼ cups rolled oats
½ cup chopped raisins (if desired).

Method: Cream shortening, add sugar and syrup, beaten egg and water. Add flour, baking powder, salt and cinnamon which have been sifted together. Mix well and add rolled oats and raisins. Drop by spoonfuls on greased pan, and bake in moderate oven 15 to 20 minutes.

GOLDEN CORN AND JOHNY CAKE

1 cup corn meal
1 cup flour
¼ cup sugar
5 teaspoons baking powder
¾ teaspoon salt
1 cup milk
1 egg
2 tablespoons Shamrock butter

Method: Mix dry ingredients; add milk and egg well beaten and melted butter. Bake in shallow pan in hot oven 20 minutes.

OAT MEAL BREAD

Pour 4 cups boiling water over 4 cups Quaker Oats and let stand till cool.

2 tablespoons Tisgood
2 tablespoons sugar
2 or 3 cups white flour

2 Fleishman's Yeast cakes dissolved in glass of warm water.

Method: Mix and let rise to twice its bulk. Work in all white flour possible and add a little salt and let rise again. Put in 3 pans and take 50 minutes.

POPOVEN

2 heaping cups Graham flour
2 cups milk

Method: Beat well and bake in hot oven 30 minutes, in iron gem pans, which must be hot when mixture is put in them.

CORN FLAKE COOKIES

2 cups corn flakes
½ cup sugar
⅛ teaspoon salt
½ cup shredded cocoanut
2 egg whites beaten stiff

Method: Mix dry ingredients and stir into them the egg whites. Bake in little dabs in cookie pan in a slow oven till thoroughly browned.

The food stuffs of the people are worthy of the greatest care. Health and strength wait on them.

SOLE A LA BERCY

Skin and bone 2 large sole and cut into 8 fillets. Put into a buttered pan, sprinkle with salt, pepper and lemon juice. Cover with ½ cup water and cook 15 minutes. Pour over Bercy sauce. Fry one tablespoon finely chopped onion in one tablespoon Shamrock butter 5 minutes, add 2 tablespoons flour and pour in gradually the liquor left in pan with enough white stock to make one cup. Add 2 tablespoons butter salt and cayenne pepper to taste.

FINNAN HADDIE A LA DELMONICO

Cut fish in strips making one cup, put in baking pan, cover with cold water, place on back of range where it will be just below the boiling point for 25 minutes, drain and rinse. Separate fish into flakes, add ½ cup cream and 4 hard boiled Shamrock eggs sliced thin. Season with cayenne, add 1 tablespoon Shamrock butter and sprinkle with chopped parsley.

WHO'S YOUR FRIEND SHORTY ?
HEAD BUTCHER
SURE MON UN HE IS A GOVERMINT INSPICTOR DONT YE KNOW ONE OF THIM WHIN YE SEE EM?

NUT OR DATE BREAD

1 egg slightly beaten
¾ cup sugar
4 cups Graham Flour
1 teaspoon salt
4 teaspoons baking powder

Dates washed, stoned and cut in small pieces may be substituted for nuts. When this is done use ½ cup sugar instead of ¾ cup.

Method: Beat well and add 1 cup chopped and floured nuts. Let stand in greased pan 20 minutes. Bake in moderate oven 40 minutes.

CARROT PIE

1 cup carrots, boiled, mashed and sifted
¼ cup sugar
½ teaspoon salt
¼ teaspoon ginger and nutmeg
1 egg
⅞ cup milk

Method: Mix sugar, salt and spice, add carrot, egg, slightly beaten and gradually the milk. Bake in one crust like a custard pie.

CHICKEN SALAD

2 cups cold boiled chicken cut in dice
1½ cups celery cut in small pieces

Method: Moisten with cooked salad dressing. Mound on salad dish, cover with dressing and garnish with capers, thin slices of small pickles and curled celery.

PINEAPPLE AND CUCUMBER SALAD

Juice 1 can Pineapple and 4 lemons, boiled with ½ cup sugar. Add ½ box Knox's gelatine. Let it cool, then stir in 1 cucumber sliced and 2 slices pineapple cut in pieces.

COOKED SALAD DRESSING

2 teaspoons flour
1 teaspoon salt
1 teaspoon mustard
1 teaspoon sugar if for fruit salad
1 cup cream
1 tablespoon butter
3 tablespoons vinegar
2 egg yolks

Method: Cook in double boiler until thick. When cool thin with whipped cream.

SHRIMP WIGGLE

4 tablespoons Shamrock butter, melted, 3 tablespoons flour, stirred into butter, season with ½ teaspoon salt and ⅛ teaspoon red pepper. Pour 1½ cups milk into this slowly. Stir until it becomes thick, then add 1 cup of shrimps and 1 cup of canned peas, drained from their liquor. Salmon or chopped chicken may be substituted for the shrimps.

NUT LOAF

1½ cups chopped nuts
1 teaspoon salt
1 teaspoon sage
3 cups toasted bread crumbs.
1 teaspoon grated onion
1 cup milk
2 eggs

Method: Mix and fold in crumbs last. Bake in greased pan 15 or 20 minutes. Serve with tomato sauce. Sauce: To one pint of strained tomato add 3 tablespoons flour, 3 tablespoons butter, ¼ teaspoon salt, 1 slice onion, ⅛ teaspoon pepper.

BRAN BREAD

1 qt. bran
1 pt. Graham flour
1 teaspoon salt
2 teaspoons baking powder
½ teaspoon soda in scant ½ pt. molasses
1 pt. sweet milk
1 tablespoon melted Shamrock butter
1 cup nuts or raisins

Bake 40 minutes.

PLAIN COOKIES

1 cup sugar 3 eggs
¾ cup Tisgood or 1 cup butter
1 teaspoon soda
2 teaspoons Cream Tartar

Method: Enough cream to wet soda and cream tartar, little vanilla and flour, enough to roll out, about a sifter full.

NUT CAKE

1 cup raisins, 1 cup of figs cut fine, 1 cup nuts, chopped; 1 cup hot water into which 1 even teaspoon of soda has been dissolved. Pour over fruit and let cool, then cream, 1½ cups white sugar, 1 egg yolk of 3 more, a 1-3 cup of Tisgood, or ½ cup of butter, beat well 1 teaspoon each of cinnamon cloves and nutmeg, lemon and vanilla, add fruit if cold, stir well add 1½ cups of flour. Bake ¾ hour in slow oven.

SHAMROCK
BRAND

You all know what the Shamrock has meant to the Irish people, as an emblem of Purity and loyalty,

and in attaching its name to our products as a Trade Mark, we guarantee you the respect we bear this world famous flower,

and in our dealing with the public we have established the respect for our brand of products which makes them worthy of their name.

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